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## Saving Peggy's Cove

Iconic beacon is among hundreds of lighthouses at risk after Ottawa deems them surplus **PAGE 6**

# MASTER STROKE

LOCAL CANOEIST CLINCHES

A SPOT IN THE OLYMPICS **PAGE 24**



HALIFAX

# metro

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Monday, May 28, 2012



News  
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## PEDAL TO THE METAL

Cyclists power their way around the Halifax Common in the Halifax Criterium 2012 race on Sunday afternoon. The Criterium was part of HRM Bike Week festivities and also featured kids' races on the Emera Oval. **RYAN TAPLIN/METRO**

# Rash of gunfire

**3 days.** Shootings in  
Halifax leave one dead

Three days, three shootings, four hit, one dead.

Shootings on Friday and Saturday, added to the broad-daylight shooting at Quinpool Road on Thursday, made for a busy weekend for Halifax police.

On Friday night, police were called to a shooting in an apartment building at 2711 Clifton St. at 8:40 p.m. Corey Duane Lucas, 36, was pronounced dead at the scene. Another man in his 30s was taken to the hospital and later released.

Two men aged 20 to 30 wearing athletic clothing were seen fleeing on foot from the building heading north on Clifton toward St. Albans Street.

Police have been searching for these two men, but as of Sunday night had not made any arrests.

"The address is known to police," said Lauren Leal, Halifax Regional Police spokeswoman. She added investigators do believe the homicide is drug-related and was not

random.

"Investigators have been canvassing, knocking on doors, talking to anyone who might have any information on what happened that night."

And then a few minutes before midnight on Saturday, a man was shot and found lying in the area of Charles and Gottingen streets.

The 19-year-old man, who had been shot in the back, was taken to the hospital with non-life-threatening injuries. He is expected to make a full recovery.

Police say three men were walking in the area of 2400 block of Creighton Street when they heard gunshots, but they couldn't tell where they were coming from. It was then that the victim was hit.

Investigators believe this may have been a random incident.

On Thursday, one person was shot in an extremity in the parking lot next to Fitness FX on Quinpool Road at around 2 p.m.

Leal said there's nothing to suggest the three shootings are connected, but police are looking into it. **MORE COVERAGE, PAGE 3**

**JENNIFER TAPLIN/METRO**



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#### Twitter/Facebook

We asked how concerned you are about the recent rash of shootings in Halifax.

@6packhabs

Concerned enough to be looking at apt listings outside #Halifax.

@myarnold16

very concerned. I was 20 minutes late intercepting the one on Maynard St a few weeks ago, out for a dog walk at 1pm.

@Bottie

very concerned. we planned a day trip to the city for today but cancelled due to violence

@TeamAdam76

we have a low crime rate for our pop, no real bystanders getting shot.

@AshleyWoodworth

I find it extremely disconcerting. Its only a matter of time before an innocent bystander is hurt or killed.

@girlslovepink

these shootings aren't random. We should be addressing the real root of the problem. #warondrugs #warongangviolence

Larry Connors:

need to do something fast because next thing we will see is some poor innocent kid caught in the crossfire with some grieving parents holding their dead kid....

Debi Noye:

The rash of shootings and the increase in crime in general makes me feel like I'm fighting a losing battle with the fears and anxiety that keep me housebound most of the time.

Perry Falconer

It's called natural selection folks. Let them kill each other out of stupidity, and charge the survivors with murder, etc. 2 birds, one stone, 2 criminals off the street for a long long time.

Scott Nordlund

Time for the hrm police to be done with. Halifax should be under rcmp, they are used to dealing with gun violence and cracking done, as they have done in surrey, bc.



A police SUV is parked in front of an apartment building at 2711 Clifton St., Sunday morning. Police have named 36-year-old Cory Duane Lucas as the victim of Friday night's homicide, which took place inside of one of the apartments. RYAN TAPLIN/METRO

# 'It's just hurtful to see all this going on'

**Reaction.** Community members frustrated, tired of negative reputation, as rash of shootings strike city



JENNIFER TAPLIN

jennifertaplin@metronews.ca

A handful of residents of Creighton Street sat on their front yards Sunday afternoon and talked about shootings, and homicides.

Unfortunately, it's not an uncommon conversation.

"It just hurtful to see all this going on, 'cause look

across there, what's that?," said one man pointing across the street to a playground. "Babies, beautiful babies."

While he didn't want his name published, he said his grandparents grew up here and so did he. A cousin was shot nearby in 2008 — still an unsolved crime. And now he's raising his kids in this inner-city neighbourhood where he says they can't tell gunshots from fireworks.

"I'm a daddy, so anything like that doesn't apply to me. I'm a dad and I don't want to be around it," he said.

When asked if the shooting in the neighbourhood Saturday night, which injured a 19-year-old man, was surpris-

ing, one woman in the group said, "It's just life."

"The lifestyle that some people live around here, you could go to the grocery store and see something that you don't want to see like the people up on Quinpool Road (where there was a shooting on Thursday)," said the first man.

"It's sad to see it happened in broad daylight like that, but that's just how some people got to live their life, because they're so paranoid."

He said he didn't think any of the three recent shootings were connected.

Another man said it's all about gun escalation.

"All people that carry

guns, they hear that someone else did a shooting so they feel they got to go out and do a shooting or go get their victim they feel they have a problem with," he said.

They also expressed frustration with police, what they say is a horridly slow response time, and too many unsolved crimes.

Sometimes witnesses come forward, and sometimes they don't.

"And sometimes around here it's better to keep your mouth shut, because if you're known as someone who runs their mouth...." said the first man. He did not finish the sentence.

# 1

## NEWS

On the web

### The proposal heard 'round the world

Portland actor Isaac Lamb is getting a whole lot more than he bargained for. After posting his flash-mob-meets-lip-sync marriage proposal on YouTube six days ago, his romantic gesture has been viewed close to two million times, received international attention and been called the 'greatest marriage proposal ever.' Watch him get his girl at metronews.ca.

Mobile news



What defines sugar? It's getting to be a stickier question, and the fight over the answer has taken a bitter turn. Scan the code to read more.

## Ride for half the price!

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Coun. Steve Adams speaks to his colleagues on Halifax regional council in this photo from last year. RYAN TAPLIN/METRO FILE

# Deputy mayor wants all council votes recorded

**Show of hands.**  
Council voted against idea in 2008



ALEX  
BOUTILIER  
alex.boutilier@metronews.ca

Halifax regional council is set to debate whether or not their votes should be recorded for posterity on Tuesday.

A motion from Deputy Mayor Bill Karsten last week requested that all votes be recorded.

Currently most votes are done by a simply 'yea' or 'nay,'

with close votes going to a show of hands. Councillors occasionally request recorded votes on contentious or politically sensitive issues to indicate how they voted on the matter.

"If a vote is recorded, certainly it becomes part of the minutes," Karsten said Sunday. "As opposed to if it's not recorded, there's no vehicle left. It just becomes part of recollection and perception."

This isn't the first time the matter has come before council. In November 2008, the former councillor for Dartmouth East, Andrew Younger, brought the matter for a vote.

Younger's motion would

## Who wants to know?

**"There have been those in the public that have suggested that they'd like to know how their councillors vote."**

Deputy Mayor Bill Karsten

have had all votes, with the exception of routine questions of approving the minutes and the order of business, be recorded votes. The motion split council evenly for and against, with Mayor Peter Kelly casting the deciding vote to defeat it.

Tuesday's vote may very

well go the same way. All councillors who voted against the motion are still there, as are all the councillors that voted in favour — with the exception of Younger.

Others have attempted to record how individual councillors vote on issues.

Showofhands.ca has done an admirable job of collecting the results of all recorded votes from November 2010 to December 2011, but the volunteer-run site is updated infrequently.

Follow Alex Boutilier on  
Twitter @alexiboutilier



## Relay death. Halifax runner collapses at Cabot Trail race

A 58-year-old Halifax man collapsed during the 17th and final leg of the Cabot Trail Relay and later died at hospital on Sunday.

Sgt. Brigdit Leger of the RCMP said the Baddeck detachment received a 911 call at 10:30 a.m. after the runner collapsed while running the 18.7-kilometre leg of the race. He was transported to the Victoria County Memorial Hospital in Baddeck where he was pronounced dead.

"Because it's a health issue, we would never disclose the specifics," Leger said. "The only thing I can confirm is that foul play is not involved in this death."

The name of the man is be-

ing withheld pending the notification of family members.

Race chair Dave Parkinson said the RCMP arrived following the race banquet to inform him of the news.

"It's a tragic event for (the family), and on behalf of the Cabot Trail Relay association, we do offer our condolences," he said.

Parkinson said the RCMP is present on the course and satellite phones are used to communicate with the RCMP dispatch. St. John's Ambulance volunteers are on the course route as well.

He said nothing this serious has ever happened during the race before.

CAPE BRETON POST

## Naming rights. New policy considered for sponsorships

Halifax regional council is expected to discuss a new administrative order governing sponsorship and naming rights deals on Tuesday.

The policies were approved by the municipality's audit and finance committee at a May 16 meeting. The new administrative orders would bolster the Halifax Regional Municipality's Asset Naming policy, giving specific regulations for how sponsorships are approved and by whom.

The general principals for both policies centre around maintaining HRM's independent oversight, ensuring preferential treatment for bidders and conflicts of interest do not occur, and getting fair market value in sponsorship and naming deals, according to a staff report com-

ing before council Tuesday.

Under the new policy, sponsorships worth more than \$100,000 would require approval by regional council. Sponsorships between \$50,000 and \$100,000 would require approval from the Chief Administrative Officer, while sponsorships under \$50,000 would be left to business unit directors and divisional managers.

In addition, the policies would set out rules for alcohol sponsorship — specifically, any sponsorship received from brewers would require a responsible drinking component.

That issue came to the forefront in awarding naming rights for an events plaza surrounding the Halifax speed skating oval last winter.

ALEX BOUTILIER/METRO



## Thanks Dalton, for leading the way!

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In recognition of Dalton's outstanding contributions to the success of Casino Nova Scotia, he recently was named the 2011 Diamond Award Winner.

Also recognized as Honourable Mentions were Nick Thomas, Sous Chef, and Jennifer Ellis, Pit Manager. Nick was selected for going above and beyond to ensure an enjoyable Casino visit. Jennifer was selected for representing the Company with energy, pizzazz and enthusiasm at various charity events staged in our surrounding communities.

**Congratulations to Dalton, Nick and Jennifer for creating great experiences and memories. Keep up the great work!**



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Jennifer Ellis

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## Mira River. Police ID woman found dead, stuffed in hockey bag

The human remains discovered floating in a hockey bag on the Mira River on Friday night have been identified as those of a 21-year-old woman from North Sydney.

Investigators with the Cape Breton Regional Police's major crime unit met with her family Sunday. The victim's family requested their daughter's name not be made public through the media. The original owner of the hockey bag, which contained the gruesome discovery, has also been tracked down.

A Glace Bay man — who wished not to be identified — confirmed the hockey bag was a Glace Bay Minor Hockey bag that belonged to a family member who had participated

### Investigation

Staff Sgt. Steve MacKinnon said Saturday police are not releasing many details about the discovery as their investigation is in its early stages.

in minor hockey. The family member's name was on the bag.

"We were shocked when reports started to surface it was the same bag," he said.

The man said the bag is seven years old.

"It was full of mouldy hockey gear. In April, we put it out with the heavy garbage."

CAPE BRETON POST

### Fatality

## Man dies after vehicle crashes into ditch

A 52-year-old man is dead following a single-vehicle crash on Friday night.

Cole Harbour RCMP say at

about 6:45 p.m., officers responded to the crash on Riding Road in Eastern Passage. Police say Bodo Trenholm died when the Honda Odyssey van he was driving left the road and crashed into a ditch. Trenholm was the only person inside the vehicle.

The cause is under investigation. METRO

# 'Her death has deeply touched us all'

## Celebrate her life.

Hundreds walk in honour of Amber Kirwan to bring attention to issue of violence against women

### Quoted

"If you wanted a daughter, she'd be the one you'd want. She was happy. She was friendly."

Leonard Thompson, co-worker of Amber Kirwan

Amber Kirwan's boyfriend, friends and hundreds of others gathered in New Glasgow on Sunday afternoon to participate in a Respect for Women march held in her honour.

They walked from Glasgow Square and through the downtown, by Dooly's, where Kirwan was last seen with friends, and past the wall where the community had lit candles to pray for her safe return. The 19-year-old's remains were later found in October in Heathbell,

and earlier this month police arrested Christopher Alexander Falconer and charged him with kidnapping and murdering her. He is expected to appear in court today.

The local Knights of Columbus members were encouraged to hold a walk against violence by their Antigonish counterparts and decided it would be fitting to hold it in Kirwan's memory.

"Her death has deeply touched us all," said Mike MacIsaac, Grand Knight of the Knights of Columbus New Glasgow Council 1667.

Speaking to the audience, Karen O'Hara, executive director of the Tearmann House, thanked everyone for participating.



Participants in the Respect for Women March held in honour of Amber Kirwan walk on Sunday past Dooly's in New Glasgow where the 19-year-old was last seen by friends. ADAM MACINNIS/TC MEDIA



Amber Kirwan CONTRIBUTED

"Women should be able to live free of violence. Together I have hope we can all work together to respect women and end violence in our community," she said.

Co-workers of Amber's from Proudfoots Home Hardware in New Glasgow came out together

to participate.

"Everybody loved Amber," said Renee Avery, who was among the more than 30 from the store who took part.

"It was really an honour to get together and celebrate her life," said Leonard Thompson.

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# Groups working to protect nation's maritime icons

## Relegated to history.

Ottawa is getting out of the lighthouse business

For 35 years, Judy Dauphinee has looked out her window at one of the country's most recognizable maritime icons.

With her home resting on a crest of granite and grass at the water's edge, the long-time Peggy's Cove resident has enjoyed its breathtaking views since moving here at the age of 21.

But Dauphinee, whose family runs the cove's restaurant, is worried about the fate of the light that has guided fishermen and sailors since 1868 and become a symbol of the region's rich seafaring history.

She and the 35 people who live in the tiny shoreline community fear they could lose the beacon and see it replaced by a light pole after Ottawa deemed it and more than 500 other lighthouses surplus in 2010.

They and groups across the country have until Tuesday to file a petition with Parks Canada to have the surplus lighthouses declared heritage properties, which could spare their destruction and transfer them to private interests.

Dauphinee filed hers this month, adding the Peggy's Point light to the more than 250 lighthouses that had been petitioned by last week.

## Seeing the light

- Barry MacDonald, president of the Nova Scotia Lighthouse Preservation Society, said his group will file petitions for about 50 of the province's 150 lighthouses. Another 21 have been independently petitioned.

"It's an icon — if it doesn't represent Canada, it certainly represents Nova Scotia," she said from her home.

"It was a working fishing community and that's becoming less and less because of the decline in the fishery. So I have no idea what could happen to Peggy's Cove if that lighthouse is eliminated, too."

Groups are fighting to save the lighthouses, which have become lucrative tourist attractions and emotional touchstones for communities even if they are used less as navigational aids.

The Fisheries Department has been getting out of the lighthouse business for decades, arguing they are expensive to maintain, at times inaccessible and have been outpaced by technology.

Andrew Anderson of the real property-management branch at Fisheries says the department has been transferring lighthouses to private groups for the past 20 years.

"Most people over the age of 12 have a device in their pocket that's GPS-enabled, so



Visitors to Peggy's Cove take in the lighthouse on Sunday afternoon. "It's part of the coastal soul, it's part of the coastal spirit," says Bill Rompkey, a former senator who led a committee that recommended against de-staffing lighthouses. RYAN TAPLIN/METRO

it's generally accepted that the government doesn't need to own these types of properties and structures in order to effectively deliver a navigational aid service," he said.

"But we're acutely aware that these are structures of tremendous historic importance and sentimental attachment to the communities."

THE CANADIAN PRESS

## Deal in the works?

## Province fighting for cove lighthouse

Tourism Minister Percy Paris says he is continuing talks

with Ottawa to hammer out a deal to assume ownership of Peggy's Cove.

"We want to end up in possession of that light," he said late last week, as they hash out legal, environmental and surveying

issues before ownership is transferred.

"It's one of the most photographed places in North America ... so I think that tells you how much we value the Peggy's Cove light." THE CANADIAN PRESS

# MetroX

## Airport/Fall River

### Are you Xcited HRM? We are!

On Thursday, May 31, the new #320 MetroX Airport/Fall River route begins providing limited-stop service seven days a week between the airport, Fall River, and the downtown core.

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Investigation

## Masked gunman robs Kempster's

Halifax police are investigating an armed robbery at a restaurant on Kempster Road.

Police say at 10 p.m. on Saturday, a man wearing a mask entered Kempster's restaurant, demanded cash from a female employee and produced a gun. He was given money and then fled the scene on foot.

The man is described as wearing a hat with blond hair possibly sticking out from under it. He was also wearing glasses, dark blue pants and a dark hoodie. **METRO**

Encouraging trend

## Tourism on the rise in N.S.: Provincial dept.

The province's tourism department says 295,800 people visited the province in the first three months of this year — a 12 per cent increase compared to the same period last year.

Air travel is up five per cent, while road travel to the province went up by 16 per cent.

Domestic travel to Nova Scotia increased by 12 per cent and visits from the United States were up by 31 per cent.

**THE CANADIAN PRESS**

Woman's death

## We will work with community: Police chief

The police chief in Truro says he will work with the aboriginal community to implement recommendations from a report that concludes that his officers failed to monitor an intoxicated woman who suffered a stroke in a jail cell and later died.

Chief Dave MacNeil said the force accepts the findings of the independent review into the arrest of Victoria Rose Paul of Indian Brook in August 2009. "We welcome the report," he said Friday.

**THE CANADIAN PRESS**

# Sex offender released

**Public warning.** Police worry that Kenneth Gerald Knight, who has a history of offences against young children, could reoffend



**PHILIP CROUCHER**  
philip.croucher@metronews.ca

Halifax police are alerting the public about a sexual offender deemed as a high risk to reoffend now living in the municipality.

Police say Kenneth Gerald Knight, 43, has been released from a federal peni-

tentiary and is now living in HRM. Knight has a criminal history of offences against young children, a police release states, and has been professionally assessed a high risk to reoffend in a sexual manner.

Knight is under several conditions as part of his release, including no contact with children under 14.

Police issued the release about Knight on Friday afternoon, saying it was done to alert the public about Knight's now living within HRM. Police also said that provincial laws prevent them from being more specific as to where he lives.

The release states police won't tolerate any type of



**Kenneth Gerald Knight** CONTRIBUTED

"vigilante activity or other unreasonable conduct" in relation to Knight.

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## Security Council. UN condemns Syrian regime for Houla massacre

The UN Security Council on Sunday blamed the Syrian government for attacking residential areas of the town of Houla with artillery and tank shelling and also condemned the close-range killings of civilians there — but avoided saying who was responsible for the massacre of more than 100 men, women and children.

The council said in a press statement after an emergency meeting that the “outrageous use of force” against civilians violated international law and Syrian government commitments under previous UN resolutions to stop all violence, including the use of heavy weapons in populated areas. It said “those responsible for acts of violence must

be held accountable.”

It demanded that the Syrian government immediately halt the use of heavy weapons and pull its troops out of cities and towns, and it asked UN Secretary-General Ban Ki-moon and the UN observer mission in Syria to continue investigating the attacks in Houla.

Britain and France had proposed issuing a press statement condemning the attack on civilians and pointing the finger at the Syrian government for Friday's massacre. But Russia called for an emergency council meeting saying it first wanted a briefing by Gen. Robert Mood, the head of the unarmed UN observer mission.

THE ASSOCIATED PRESS



## Pride denied to Russian gay activists

Russian police officers detain a gay-rights activist during an attempt to hold a gay-pride parade in Moscow on Sunday. Russian police have detained around a dozen protesters demanding the right to hold a gay pride parade in Moscow. Activists have long petitioned the Moscow government for permission to stage such a parade, but have always been denied.

MIKHAIL METZEL/THE ASSOCIATED PRESS

## Vatican. Pope Benedict's butler arrested for leaks

The Vatican's investigation into the source of leaked documents has yielded its first target with the arrest of the pope's butler, but the investigation is continuing into a scandal that has embarrassed the Holy See by revealing evidence of internal power struggles, intrigue and corruption in the highest levels of the Catholic Church governance.

The detention of butler Paolo Gabriele, one of the few members of the papal household, capped one of the most convulsive weeks in recent Vatican history and threw the Holy See into chaos as it enters a critical phase in its efforts to show the world it's serious about complying with international norms on financial transparency.

The tumult began with the publication last weekend of a book of leaked Vatican documents including correspondence, notes and memos to the pope and his private secretary. It peaked with the inglorious ouster on Thursday



The pope's butler, Paolo Gabriele, left. THE ASSOCIATED PRESS

of the president of the Vatican bank. And it concluded with confirmation Saturday that Pope Benedict XVI's own butler was the alleged mole feeding documents to Italian journalists in an apparent bid to discredit the pontiff's No. 2.

THE ASSOCIATED PRESS

# Miami police kill naked man found eating victim's face

**Grisly scene.** Witnesses horrified as nude attacker mauls man in the middle of a busy downtown causeway

Miami police shot and killed a naked man who mauled another man on a downtown causeway off-ramp on Saturday, chewing on his victim's face as horrified drivers looked on.

Local media reported that gunshots were heard at around 2 p.m. Saturday on the MacArthur Causeway off-ramp.

Witnesses reported seeing a naked man attacking the other man by viciously chewing on his face.

A woman who saw the two men fighting summoned a police officer, who instructed the naked man to back away. When the alleged attacker refused to comply, the officer shot him several times.

Miami police confirmed

the shooting in a press release but did not release the identities of the men.

Police did not provide details of the incident, but sources told CBS News that after the attacker was shot dead, police and paramedics were able to rush the victim, whose face had been mauled to the point of being unrecognizable, to Jackson Memorial hospital's trauma centre.

He is listed in serious condition but is expected to survive.

Javier Ortiz, a spokes-

### Police response

**“Based on the information provided, our Miami police officer is a hero and saved a life.”**

Javier Ortiz, spokesperson for the Fraternal Order of Police in Miami

man for the Fraternal Order of Police in Miami, told The Associated Press that the officer who fired at the suspect “is a hero and saved a life.”

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# Student leaders consider compromise on tuition increase

**Quebec.** Emphasis placed on compromise and co-operation on both sides as focus of protest continues to extend beyond tuition

Quebec student leaders signalled on Saturday they may be ready to compromise on the core of their dispute with the government — the province's plan to raise tuition fees.

That didn't stop thousands from taking to the streets of Montreal for the 33rd night in a row in a protest that again made it clear the conflict has moved far beyond the issue of education.

One student leader, Martine Desjardins, said both sides must be prepared to compromise for the months-long crisis to be resolved.

Another, Leo Bureau-Blouin,



Lisa Poirier bangs on a bowl during a demonstration in Montreal, Saturday.  
GRAHAM HUGHES / THE CANADIAN PRESS

made headlines on Saturday when he told CBC Radio he would be willing to accept some form of tuition increase. Later in the day Bureau-Blouin tried to clarify his comments, saying the students were will-

ing to make adjustments if the government was prepared to do so as well.

"If the government is prepared to move, there could be an area where we can find common ground," he told The Canadian Press.

The nightly demonstrations continued Saturday with thousands of people pouring into the streets of Montreal, with several neighbourhood protests around the city. The focus at the marches has shifted from the proposed tuition increases to Bill 78, Quebec's controversial emergency law designed to limit the scope of student demonstrations.

"I believe what they're fighting for is deeper now. It's about the law, it's about the government's tactics, it's about taking back the streets," said Mark Sabourin, 26, who drove from the suburbs for the demonstration with his wife and three kids.

THE CANADIAN PRESS

## Caribbean

### Haiti faces long road to recovery

It will take Haiti the better part of three decades to become a middle-income country on par with its neighbour, the Dominican Republic, says the top U.S. official on the file.

But Thomas Adams, the State Department's special co-ordinator for Haiti, said that a "realistic" estimate should not be daunting to countries like Canada that are heavily invested in helping the Western Hemisphere's poorest country.

THE CANADIAN PRESS



### Miracle brides

Ukrainian brides in Odessa, Ukraine touch a stone taken from the Israeli town of Cana in Galilee where Jesus Christ was said to have performed his first public miracle. ANDREY DVOGTSEV/THE ASSOCIATED PRESS

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## Everest. Vancouver trekker recalls deadly mountain climb

A Vancouver entrepreneur is looking forward to his next challenge after braving a deadly weekend atop the world's tallest peak.

Steve Curtis dreamed of climbing Mount Everest for more than five years before finally achieving his goal on May 19, the same weekend when five people died, including Canadian Shriya Shah-Klorfine.

"We saw the bodies of other people who had died on the way up," Curtis said Sunday, a day after arriving back from his exhausting trip where hundreds of climbers scrambled to reach the 8,848-metre peak in a limited window of good weather.

Fellow climber and Spanish doctor Juan Jose Polo Carbayo shared base camp with Curtis and was among those who died that day in the "death zone," an oxygen-depleted stretch of tumultuous terrain above 8,000 metres.

"The wind's blowing like crazy, the tent's shaking, we're concerned about our oxygen," Curtis said. "An hour or so passed. We asked where Juan was. They said, 'He's dead.' It

### Charity trek

After he was diagnosed with a rare form of lymphoma in 2006 and given two years to live, Curtis chose to help others. He has since become an advocate for Take a Hike, a non-profit organization that engages at-risk youth with a combination of therapy, academics and adventure-based learning. He has already raised \$59,000.

must have been four or five times we asked. We had just seen him."

Curtis estimates five or six bodies from years past still lie in the death zone, serving as reminders of the dangerous conditions on Everest.

"If you were dropped off at the summit of Everest, you'd last about two minutes," he said.

To prepare for the climb, Curtis and fellow climber Sam Wyatt spent two weeks doing high-altitude treks before arriving at the Everest base camp, in addition to months of rigorous training. **DANIEL PALMER/FOR METRO**

# Children, abducted in 2008, turn up in Mexico

## Lost and found.

Investigators found children with their father and a cousin in a house equipped with security cameras and barbed wire



**BERNICE PONTANILLA**  
Metro in Winnipeg

Two Winnipeg children at the centre of a high-profile child abduction case have been located in Mexico, local media reports.

Siblings Dominic and Abby Maryk were abducted in August of 2008 when they were aged seven and six, respectively. They were on a court-ordered visit with their father, Kevin Maryk, when they vanished.

Since then, their mother, Emily Cablek, and Winnipeg police have worked hard to find the missing pair, holding press conferences and posting videos in 2009 and 2011 for the safe return of the children.

On Saturday, police issued a



**Dominic and Abby Maryk, who were kidnapped in 2008, have been located in Mexico, according to local media reports. HANDOUT/THE CANADIAN PRESS**

have been involved in a lengthy investigation with Mexican authorities and that "significant developments" came to pass on Friday.

Police would not comment further, saying that details will be made public during a press conference on Monday at 11 a.m.

said a Guadalajara man saw a television news report that mentioned the missing children, who bore a striking resemblance to two children who for the previous couple of weeks had been living in a home in the area of Jardines de los Puentes in Zapopan.

He contacted local police

one listened to me," so he was put in contact with Juan Manuel Estrada, who heads the FIND Foundation, a group that helps locate missing people in Mexico.

Estrada contacted Interpol Mexico, which found the two children, their father and a cousin, identified as Cody McKay, also from Winnipeg.

### Everest Tragedy

## Body retrieval delayed

Climbers might have to wait until October to retrieve the body of a Toronto woman who died after reaching the summit of Mount Everest.

Climbing ropes to the ice pole will be temporarily removed in three days due to dangerous hiking conditions.

The ropes will not be reinstalled until October.

The Sagarmatha Pollution Control Committee decided to suspend all climbs on Everest after May 30

due to harsh weather conditions resulting in many avalanches, according to Ganesh Thakuri, who was the woman's outfitter and is directing the rescue.

Shriya Shah-Klorfine, 33, died a week ago after collapsing from exhaustion and altitude sickness.

Thakuri has so far only found three people who are able to make the climb to bring the body down. A team of six people is needed, he said.

If he is not able to make the number by the end of Sunday, the rescue will have to be postponed until next season.

**TORSTAR NEWS SERVICE**

### Ottawa

## Man dead after lightning strike

An 18-year-old man who was struck by lightning in Ottawa has died.

Joel Gauthier was out riding his bike with a friend on Friday when a storm swept through the city.

The pair had stopped under a tree to put on some rain gear when lightning struck.

Gauthier went into cardiac arrest and was knocked unconscious. He later died in hospital.

**TORSTAR NEWS SERVICE**

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# No evidence civilians died in strike: NATO



Protests over the deaths of villagers killed in an overnight NATO raid earlier this month in Laghman, east of Kabul. RAHMAT GUL/THE ASSOCIATED PRESS

## Afghanistan.

Anonymous official contradicts report of family members killed, but group says it is working to find out more about allegations

The U.S.-led coalition on Sunday disputed reports that eight civilians, including children, were killed in a NATO airstrike in a remote part of eastern Afghanistan.

Afghan officials said an airstrike Saturday night killed eight members of a family.

But a senior NATO official said that so far, there is no evi-

dence of any civilian casualties.

The official spoke on condition of anonymity because he was not authorized to disclose the information.

Separately, NATO reported that three coalition service members were killed Sunday in eastern Afghanistan — two during an insurgent attack and one from a roadside bombing.

Four others, including a British soldier, were killed in the south on Saturday, bringing to 169 the number of NATO deaths in Afghanistan so far this year.

The British Ministry of Defence said the soldier was killed in an explosion in the Nahr-e Saraj region of southern Helmand province.

The nationalities of the

other three have not been disclosed.

The coalition said it was working to find out more about allegations that civilians were killed in the NATO operation that foreign forces were conducting Saturday night in Paktia province.

The killing of civilians by foreign forces has been a major irritant in Afghan President Hamid Karzai's relationship with his international partners.

He warned earlier this month that civilian casualties could undermine a strategic partnership with the U.S. that is to govern long-term relations after most international troops withdraw by the end of 2014.

THE ASSOCIATED PRESS

## Deadly time for civilians

The killing of civilians by foreign forces has been a major irritant in Hamid Karzai's relationship with his international partners.

- Last year was the deadliest on record for civilians in the Afghan war, with 3,021 killed, the UN said.

- "If Afghan people are not safe, the signing of the partnership (for governance after troops withdraw) has no meaning," said President Karzai's office.

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# Facebook's small investors bitter, divided on next step

**Wall Street.** In lawsuits, Morgan Stanley is accused of reserving negative analysis of Facebook for favoured clients

The response from small-time investors to Facebook's debut as a public company has been equal parts frustration, confusion and bitterness. Fed up, some are dumping their shares and accepting the losses. Others, while miffed, are holding on and hoping to ride the stock's eventual success.

Some are irked over reports that Morgan Stanley, which guided Facebook through its public debut, allegedly told only some select clients of an analyst's negative report about Facebook before its stock began trading May 18. As the lead

underwriter for Facebook's IPO, Morgan Stanley was expected to set shares at the highest price it thinks the market will bear. But investors have also come to expect that an initial share price will be low enough so the stock can climb on the first day, when interest typically peaks.

Looking back, some individual investors say they recognize that Facebook's initial \$38 US stock price was too lofty. It was more than 80 times the company's 2011 earnings per share. The average for companies in the Standard & Poor's 500 index is far cheaper, about 19 times earnings.

Among those who blame their brokers is Joshua Freeman, who said he bought 200 shares in the IPO after his broker at Morgan Stanley Smith Barney asked if he wanted in. Freeman says he's considering closing his account at Morgan Stanley.

Morgan Stanley disputes the allegations. **THE ASSOCIATED PRESS**



Television correspondent Sabrina Quagliozzi reports from inside the Nasdaq MarketSite in New York's Times Square on May 21.  
RICHARD DREW/THE ASSOCIATED PRESS

## CP Rail. Ottawa to table back-to-work legislation

**Quoted**

**"What we're talking about is the prolonged effect of a strike.... That's when you start seeing some really significant effects on the economy."**

Labour Minister Lisa Raitt

The Harper government is expected to introduce legislation ordering striking workers at Canadian Pacific Railway Ltd. back to work on Monday after talks with the union broke off.

CP Rail and the union representing 4,800 workers who have been on strike since Wednesday confirmed that talks had broken off with little hope of resumption. "With the mediator withdrawing and the federal minister releasing the parties this afternoon, the legislative process can now commence," said Ed Greenberg, a spokesman for CP Rail.

Labour Minister Lisa Raitt said she still hoped the parties could agree on a process that would end the strike, but made clear she would not wait long. Raitt said government officials have been talking with impacted industries, farmers and the mining sector, and the reports are that the strike is "starting to actually affect their operations."

"That's the kind of national economic significance we are

looking for in order to intervene," she told CTV's Question Period.

The minister gave notice of intention to intervene shortly after Wednesday morning's walkout halted the company's freight-train service across the country, meaning she can table the bill as early as Monday and strikers can be ordered back to work later in the week.

As she did with two previous labour disputes — affecting Air Canada and Canada Post — Raitt cited the damage to Canada's fragile economic recovery for quickly bringing the strikes to an end. **THE CANADIAN PRESS**

# CEOs' pay up by more than 6% last year: Analysis

Profits at big U.S. companies broke records last year, and so did pay for CEOs.

The head of a typical public company made \$9.6 million US in 2011, according to an analysis by the Associated Press using data from Equilar, an executive-pay research firm.

That was up more than six per cent from the previous year, and is the second year in a row of increases. The figure is also the highest since the AP began tracking executive compensation in 2006.

Companies trimmed cash

bonuses but handed out more in stock awards. For shareholder activists who have long decried CEO pay as exorbitant, that was a victory of sorts.

That's because the stock awards are being tied more often to company performance. In those instances, CEOs can't cash in the shares right away. They have to meet goals first, like boosting profit to a certain level.

The idea is to motivate CEOs to make sure a company does well and to tie their fortunes to the company's for the long

term. For too long, activists say, CEOs have been richly rewarded no matter how a company has fared — "pay for pulse," as some critics call it.

To be sure, the companies' motives are pragmatic. The corporate world is under a brighter, more uncomfortable spotlight than it was a few years ago, before the financial crisis struck in the fall of 2008.

Last year, a law gave shareholders the right to vote on whether they approve of the CEO's pay. The vote is non-binding, but companies are keen to

avoid an embarrassing "no."

"I think the boards were more easily shamed than we thought they were," says Stephen Davis, a shareholder expert at Yale University, referring to boards of directors, which set executive pay.

In the past year, he says, "Shareholders found their voice." The typical CEO got stock awards worth \$3.6 million in 2011, up 11 per cent from the year before. Cash bonuses fell about seven per cent, to \$2 million.

**THE ASSOCIATED PRESS**

### Benefits

In the small world of big CEOs, the perks can be spectacular. Drivers, country-club memberships, use of company aircraft — those splashy extras are fairly routine. And so are less-splashy extras, with companies often shouldering the cost for the boss' personal financial planning or annual physical. Among the perks showered on CEOs last year:

- Martha Stewart Living Omnimedia spent \$73,230 on a weekend driver for its eponymous founder.
- Wynn Resorts spent \$910,345 letting CEO Stephen Wynn use a company plane for personal travel. It also gave up \$503,831 by keeping a suite at a Las Vegas resort.

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### Yahoo

#### Digital magazine designed for iPad scrapped

Yahoo has killed Livestand, a tablet magazine, just six months after its debut on the iPad.

The decision announced Friday is part of the struggling internet company's latest turnaround effort.

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### \$50-million lawsuit

#### Crew members of ship pirated off Somalia sue

More than half the crew members of a container ship that was at the centre of a piracy drama off Somalia in April 2009 are suing for nearly \$50 million US, contending their captain ignored warnings to sail clear of pirate-infested waters off Africa.

The lawsuits have been filed by 11 crew members aboard the Maersk Alabama, a Norfolk-based ship, the Virginian-Pilot newspaper reported Saturday.

The five-day standoff ended when U.S. navy SEALs killed three of Capt. Richard Phillips' captors. While Phillips was hailed as a hero, crew members allege his actions put them in danger. **THE ASSOCIATED PRESS**

## IMF. Chief has little sympathy for Greece

International Monetary Fund chief Christine Lagarde says she has more sympathy for poor African children than Greeks suffering under the country's economic problems and austerity measures.

Making clear that the IMF has no plans to relent on its austerity requirements for the country, Lagarde said she was aware that many Greeks were struggling to access services like health care, because of the country's economic crisis, but believed people in other countries deserved more sympathy.

"I think more of the little kids from a school in a little village in Niger who get teaching two hours a day, sharing one chair for three of them, and who are very keen to get an education," she said in an interview with the U.K.'s Guardian newspaper published Saturday.



Christine Lagarde, managing director of the International Monetary Fund. **THE ASSOCIATED PRESS**

"I have them in my mind all the time. Because I think they need even more help than the people in Athens."

Greeks "should also help themselves collectively" by paying their taxes, she said.

**THE ASSOCIATED PRESS**



# PROMISING BUT PROBLEMATIC PLATFORMS



**URBAN COMPASS**  
Stephen Kimber  
halifax@metronews.ca

"People haven't turned away from public affairs," Mike Savage rightly told reporters recently as he unveiled the first official plank in his platform to become mayor of the Halifax

Regional Municipality. "They've been turned away by secrecy, by lack of true accountability, by political self-interest and by lip service to real, honest and open public discourse."

Given last fall's badly-botched-but-still-too-sensitive-to-talk-about-publicly Occupy arrests, last spring's shrouded-in-secrecy, city-charter-violating concerts funding scandal and way too many private council gatherings to discuss public business, it's no surprise Savage chose "Open Government" as his first substantive policy pronouncement.

Or that Savage's chief rival, Tom Martin, tackled the same concern in his own first major statement, Making City Hall Work.

Both men offer promising, often similar — but equally problematic — promises.

They want community councils to play a more active role in municipal governance, in part to make local government more local, transparent and accountable, and in part to free up time so council can debate substantive city-wide issues.

**People "have been turned away by secrecy, by true lack of accountability, by political self-interest and by lip service to real, honest and open public discourse."**

Mayoral candidate Mike Savage

Savage wants a new campaign finance law with donation and spending limits — and public disclosure — so municipal candidates have to operate under rules similar to those covering federal and provincial politicians. He even suggests the possibility of setting up a municipal lobbyists' registry.

Martin wants to create a Sunshine Ordinance overseen by "diverse members of the HRM community, none of whom may already be an elected official or an employee of the HRM" to enforce tough new laws ensuring that the "right of access supersedes any other policy interest government officials may use to prevent public access to information."

Savage pledges an annual Mayor's Progress Report to citizens; Martin promises to set aside four hours a week during which "I will make myself directly available to the public at City Hall to come and discuss any relevant local issue."

The problem is that — with the exception of those last, personal pledges — none of what they propose can happen without the support of a disparate, individually-elected council and/or the provincial government.

So how do we make sure the mayor we elect can do what we want him to do?

## Weird news

### Rats! Pied Piper city has gnawing problem

The German city of Hamelin may be in need of another Pied Piper — it seems the rats are back.

City officials say a popular fountain has been put out of service after the rodents gnawed through a power cable, according to the Sueddeutsche Zeitung newspaper.

The Lower Saxony city is where, legend has it, the Pied Piper led all the rats out in 1284 with his magic pipe into the Weser River, where they drowned.

But more than 700 years later, city officials say such drastic measures may not be necessary. The fountain was due to be permanently closed anyway because of the high upkeep costs.

And the solution in the fictitious Piper story isn't practical anyway: Rats are actually pretty good swimmers. **THE ASSOCIATED PRESS**

# Wild horses won't drag him away



MARTIN MEISSNER/THE ASSOCIATED PRESS

## Endangered species

### Feral herd caught once a year

A man catches a young wild stallion in Duellmen, Germany, on Saturday.

It is believed that this 350-hectare reservation in western Germany is home to the last herd of wild horses on the European continent.

**THE ASSOCIATED PRESS**

## Young bucks wrangle young stallions



Europe's last wild horses are driven into an arena, where young men pick out and catch the young stallions. Once a year the newborn stallions are caught and sold. All mares stay with the herd and guarantee the survival of the endangered species.

## Protected by a duke

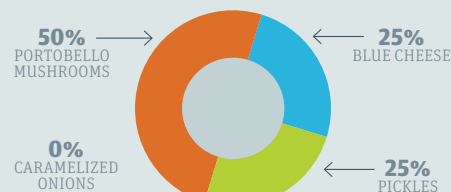
**300**

More than 300 of the indigenous horses stay free and wild without any care under the protection of the Duke of Croy.



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### What's the most overrated burger topping?



## Twitter

@codygivesahoot  
It's a good thing I can't afford to leave my apartment, otherwise I'd likely get shot at the rate #halifax is going.

@evilpez4  
Hopefully it won't get to the point where drive-by's outnumber drive-thrus. #HalifaxProblems #Halifax

@Fo\_Drizzle  
Seems like I've returned to Halifax at the start of some kind of gang war. Too bad these idiots are such lousy shots

@firecatkitty  
Well I didn't get shot last night. That's a plus. #Halifax

@BStephes  
My last night in Halifax was spend at #pogue and #dome with good friends, a truly representative @Dal-Commerce night

@jenniemarsland  
A simply gorgeous day in #Halifax. My garden is blooming, the windows are open, and I'm going to take the Dynamic Duo swimming. Ahh, Summer!



## 2

## SCENE

## Box office

**Men in Black 3 takes down Avengers**

The suits have knocked off the superheroes at the box office. Will Smith and Tommy Lee Jones' sequel *Men in Black 3* debuted as the No. 1 movie in the U.S. over the weekend with \$55 million from Friday to Sunday. That bumps Disney's *The Avengers* into second-place after three blockbuster weekends on top for the superhero sensation. The *Avengers* took in \$37 million over the three days to push its domestic total to \$514 million and become only the fourth movie ever to top half a billion dollars.

THE ASSOCIATED PRESS

## On the web



After threats of violence, Lady Gaga cancels Indonesia's Born This Way Ball show.



Rachel Nichols stars in *Continuum*, which premiered on Showcase last night. HANDOUT

# Nichols heads into sci-fi territory with *Continuum*

## New TV series.

Actress plays cop from 2077 sent back to the present in Canadian sci-fi drama airing on Showcase

IAN GORMELY  
scene@metronews.ca

Where many actors snub sci-fi and fantasy as frivolous genres where canny ideas and special effects take precedence over story and character, Rachel Nichols sees them as immersive playgrounds.

"I love the escapism and using your imagination,"

says the actress, whose past credits include *Conan the Barbarian*, *GI Joe: The Rise of Cobra* and JJ Abrams' *Star Trek* reboot. "Given the genre it's completely believable and it's fun."

Her love affair with make-believe continues with her starring role in the new Canadian series *Continuum*, which premiered on Showcase last night.

Nichols plays Keira Cameron, a cop from the year 2077 accidentally sent back to the present where she tries to stop a political uprising before it can change the course of history.

Keira is "a little bit robotic," she says. "Human relations are not her strong

suit." But while her hard-boiled intensity is a hallmark of the series' first episode, Nichols says the character will get a chance to loosen up over the course of the show's 10-episode first season. "The fish out of water theme gets played with."

The show's creators already have story arcs for the first two seasons tentatively planned out in what Nichols calls the show's Bible.

But Nichols prefers to discover things as her character does. "I don't like to look at that," she says. "I like to be on a need to know basis."

Unsurprisingly, *Continuum* is shot in Vancouver, a city that's played host to a bevy of sci-fi shows in the past includ-

## TV and film

Throughout her career Nichols has flipped back and forth between television and film making with regular appearances on *Criminal Minds* and *Alias* as well as landing dramatic roles in *Shop Girl* and *Charlie Wilson's War*.

- But where there was once a stigma against film actors doing television, these days, few people make

a distinction between the two mediums. "I like bouncing back and forth," she says. "That great divide doesn't exist anymore."

- More importantly, she says, the time it takes to get a project to air is significantly shorter than getting a film into theatres. "TV is almost like instant gratification."

ing the *X-Files*, *Stargate SG-1* and *Battlestar Galactica*.

Despite her previous roles, Nichols had never visited the city until this January, but she

thinks the cityscape lends itself to future worlds. "It's so believable, the architecture with the arenas," she says. "It is the future."



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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Glee star Cory Monteith takes a stand for at-risk youth

THE WORD  
Kate Webb  
scene@metronews.ca

Before 30-year-old Victoria native Cory Monteith was belting out ballads on hit TV musical comedy Glee, he was a troubled youth struggling with drug addiction and the issues that often come with a broken home.

These days he's a goodwill ambassador for RE\*Generation, an initiative to address youth homelessness supported by Virgin Unite, the charitable arm of Sir Richard Branson's Virgin Group of companies.

Metro sat down with the six-foot-three triple-threat in Vancouver on Friday to talk about how more than \$50,000 in grants from Virgin Unite will help local at-risk youth. The money is going to the Broadway Youth Resource Centre, and a theatre program for youth called Project Limelight.

(Sorry, Glee fans, questions about the show and his budding romance with co-star Lea Michele were strictly off limits!)

**M: How did you become an ambassador for RE\*Generation?**

**CM:** I started with RE\*Generation on behalf of Virgin Unite three years ago in Toronto, something like that, raising awareness of Canada's national youth

homeless problem: how many homeless youth there are in the country. It's such a developed, wealthy nation really, per capita. That shouldn't be a problem.

**M: Is that something you saw a lot of growing up on Vancouver Island?**

**CM:** Sure. It's strange to grow up in a place like Victoria. It's beautiful. It's a postcard, with all these tourists coming from all over the world to see this beautiful city, you know, miniature little British town, and you have kids sleeping the streets and stuff in sleeping bags, in doorways. It doesn't seem congruent, it doesn't work, doesn't seem right, and I think it's systematic. It's not a matter of resources or ability to fix the problem, it's just a matter of finding the people that are actually going to do something about it at a community level."

**M: What does Project Limelight mean to you personally?**

**CM:** This is the same woman (Maureen Webb, co-founder of the Project Limelight Society), the same program under a different guise, that started me and sort of ignited my passion for the arts. It's the reason I started acting, so my heart is close to this program because it's inspiring kids to do something different, get involved in their community. The networking that happens for these kids, they get to all know each other. It's priceless, and it brings people together, and it keeps people out of trouble. It did for me.

**CANADIANS CAN DONATE \$5 TO VIRGIN UNITE AND RE\*GENERATION BY TEXTING REGEN TO 30333.**



Gisele Bündchen ALL PHOTOS GETTY IMAGES

## Gisele Bündchen and Tom Brady await baby number two

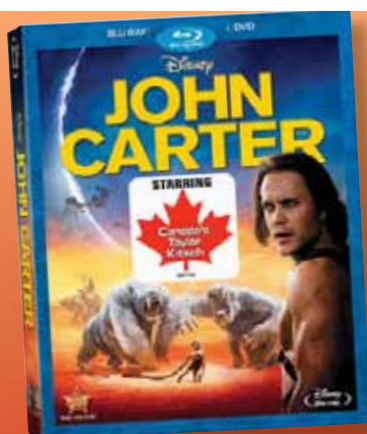
Gisele Bündchen and Tom Brady are expecting a second child, if the Brazilian supermodel's friends can be believed. Bündchen reportedly confided in several pals — including Givenchy fashion designer Riccardo Tisci — that she's two months pregnant, according to Brazilian Web site FamosasArtistas.com. An-

## Quoted

"I want to have a big family. I love kids."

Gisele Bündchen

other baby would seem about right for the couple, as Bündchen has previously said in interviews, "I want to have a big family. I love kids."



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## Reporter snubbed MIB-style after he tries to kiss Will Smith

The Ukrainian red-carpet reporter who tried to kiss Will Smith — and ended up getting a slap from the Men in Black 3 star instead — is very, very sorry. "I just tried to kiss him in the cheek and he moved his head so fast," the reporter, Vitali Sediuk, says in an interview with Hip Hollywood.

"Then it turns out that I wanted to kiss him in the mouth or in the ear. It was chaotic." Overreactions aside, Sediuk regrets how things went down. "I do apologize for my behaviour," he says. "I think it was too much. Now I understand that it was too much."

## Twitter



@BetteMidler

If I had to do what people used to do, like weaving and making their own shoes, I'd be naked and barefoot.



@50cent

Fun facts I'm the reason artist have mix tapes in song format. As much as we would like to can't rewrite history. I AM STREET KING



@SethMacFarlane

In some parallel universe there's an ad for a new sitcom that says "Based on the stand-up comedy of Ethan Hawke".



@SarahKSilverman

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# 3

## LIFE

### Pregnancy

## Watch your weight

If an expectant mother hopes to limit her chances of giving birth to an abnormally large baby, new research suggests her wisest course of action would be to control her own weight both before and during her pregnancy.

The study, published in the Canadian Medical Association Journal, challenges a growing consensus in the scientific community that elevated glucose levels in the mother are primarily responsible for overly large babies, a condition known as macrosomia.

That data, published in the online issue of the Journal of Maternal Fetal and Neonatal Medicine, found that excessive weight gained during pregnancy increased the chance of producing a large baby regardless of whether the mother herself was overweight.

THE CANADIAN PRESS

### On the Web



States urged to do better in aiding grandparents, other relatives who fill child-raising void

# Mommy shaming: From 'Tan Mom' to Time mag

**Parenting.** Is it ever OK to judge mothers in the spotlight?

LINDSAY CROSS

Mommyish.com

The Olympics are coming this summer. If "Mommy Shaming" was up for a medal, there would be some fierce competition. Just how critical can we be when it comes to moms and their choices? I've recently gotten some first-hand knowledge that proves what a serious issue this has become.

I was shocked when the simple act of allowing my daughter to occasionally put on make-up for special events created an Internet backlash that didn't just take up mommy message boards, but landed a sidebar on the Yahoo homepage. While I never expected everyone to agree with me, because that's just ridiculous, I had no idea that so many people would choose to make huge assumptions about me and my life based on a five-minute snapshot of my daughter and me.

I was told that I'm a horrible parent who doesn't know how to discipline my child and might be "inviting" predators to assault her. All this over lip gloss and blush.

But the more I thought about this surprising outrage, the more I realized that I was just a small blip on the radar for mommy shaming everywhere.

For whatever reason, our culture has decided that it's perfectly acceptable to tear apart women for their parenting shortcomings. In fact, we seem to enjoy it.

The perfect example might be the story of "Tan Mom," a New Jersey woman who was ar-



This recent Time cover has caused much examination of mommyhood.

rested for possibly endangering her daughter by taking her to the tanning bed.

Patricia Krentcil's seriously bizarre appearance sparked a media frenzy, discussions of tanning addiction and of course, concern for Krentcil's five-year-old daughter who turned up to school with a severe sunburn.

But this story has been so much more than a mom who seems to have a severe addiction. It's been a huge joke, appearing on SNL and prompting an insulting exchange with Jersey Shore's Snookie. Before we even know exactly what happened, we've all judged, tried and convicted this woman. She claims her daughter got burnt playing out in the sun, and if you see the little girl's red hair and pale complexion, it's easy to assume that she reacts really strongly to a little sunlight.

"Tan Mom" is a reminder that addiction can take many forms. It might even be a situation in which this little girl needs a new home until her mother can come to terms with her mental health issues. But did it need to be a circus where we all point and laugh?

Whatever the questionable



Some moms, like June Cleaver from Leave it to Beaver, were considered by some TV viewers the perfect mothers. H/O

parenting practice is, there's probably a group of upstanding citizens ready to rip a mom to shreds because of it.

Look at the controversial Time magazine cover. Women who don't breastfeed are made to feel like horrible failures who are selfishly denying their children. But now women who discuss breastfeeding into the toddler years are warned that they're ruining their children for the rest of their lives.

The fact is, we all seem to feel comfortable passing judg-

ment on parents for big or small offences. So often, we see extreme stories like "Tan Mom" and we don't have a problem piling on the negativity.

Maybe I'm still a little defensive, but I think in general that the kids will be alright. The new generation of little ones will adapt to the cultural changes just like we have. It's the moms that I worry about. What divisive parenting practice will come up next, leaving a whole new set of moms open to ridicule and hostility?

Obviously, I think it's important to talk about parenting. I do it everyday. I think that having discussions about parenting practices helps us all make more informed decisions. But I also think that this openness and communication has led to the vilification of moms for big and little offenses alike.

We don't have to agree on everything. But as parents, maybe we should start trying to support each other, even when criticism feels like the natural reaction.



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# The melt-in-your-mouth goodness of mushrooms



This recipe serves two. NEWS CANADA

1. In small bowl, combine chèvre, 2 tablespoons of Parmesan, herbs and lemon zest. Mix lightly. Set aside.

2. In cast iron skillet over medium heat, melt butter. Once bubbling, sprinkle in dried chili flakes, raise heat to medium-high and add mushrooms. Cook 2 mins, stirring often, then add shallot and season with salt and black pep-

per. Continue to sauté until mushrooms browned and most of moisture has evaporated, 6 mins. Remove from heat, check for seasoning, and stir in thyme. Set aside.

3. Divide cheese mix over bottom halves of buns. Sprinkle reserved Parmesan over top, then place open sandwiches under hot broiler until cheese is golden and bread is toasted.

4. Meanwhile, toss arugula with olive oil, lemon juice and season with salt and pepper.

5. When the sandwiches are ready, pile half of the mushrooms on one cheese toast. Drizzle with olive oil if desired and top everything with arugula and top piece of bread. Repeat with the second sandwich. **NEWS CANADA/ MUSHROOMS.CA/ TARA O'BRAIDY OF SEVEN SPOONS BLOG**

## Ingredients

- 3 ½ oz fresh chèvre
- ½ cup grated Parmesan
- 1 tbsp minced parsley
- 1 ½ tsp minced chives
- Grated zest from half a lemon
- 1 tbsp butter
- ½ tsp dried chili flakes
- 3 oz crimini, cleaned and trimmed, cut in halves or quarters, depending on size
- 3 oz king oyster mushrooms, cleaned and trimmed, sliced lengthwise
- 3 oz shiitake mushrooms, cleaned and trimmed, torn into rough pieces
- Kosher salt and freshly-ground black pepper
- ½ tsp fresh thyme leaves
- 2 medium buns, split
- ½ cup loosely packed arugula leaves
- Extra-virgin olive oil for drizzling
- Juice from half a lemon

## Healthy eating

### Choose it and lose it

Burgers are a lunch favourite but you need to watch those toppings and side dishes because the usual suspects will cost you in calories, fat and sodium.

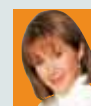
### Montana's Canadiana Burger with Fries

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**880 calories/ 48 g fat/ 20.5 g saturated fat/ 1,580 mg sodium**  
This burger can be loaded with veggies. Mashed potatoes save you more than 300 calories.



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## Equivalent

Aside from the fat, calories and two days worth of sodium, the Canadiana Burger from Montana's is equal to 1 cup of salted butter in calories.



## The fresher the better

### Buying into local farmers' produce



**QUEEN OF GREEN**  
Lindsay Coulter  
green@metronews.ca

Hello, I've been to

**many farmers markets but what are community-supported agriculture farms?**  
**Jennifer of Edmonton**

Community-supported agriculture farms, or CSAs, are similar to your local farmers' market in that they get you one step closer to the farmer who grows your food.

What's different is that

you also get closer to the risk involved in growing food. You too will be watching the weather, monitoring rain gauge and hoping for bumper crops!

Not to be confused with many local and organic buying clubs or home delivery services, a CSA allows you to buy in (with shares) at the start of the growing season. In turn, you receive your dividends in

the form of onions, zucchini, strawberries and more!

As the consumer, you pay a CSA farmer a set fee that allows you to enjoy the farm's bounty with the inherent risk of farming spread across a larger group of people. Although each CSA is unique, you'll likely get a wide variety of fresh, delicious, and often certified organic produce.

What you won't get is a guaranteed specific amount and list of produce each week.

It's best to contact a CSA in your area to find out how it operates. Sometime shares are work-free; others require you to help sow seeds, weed and harvest. Some farms also offer eggs and meat either as part of the share or to be purchased separately.

In Alberta, check out CSAAlberta.com for a list of growers. Other provinces have networks of CSAs as well.

Many deliver to your door or offer drop-off sites from about June to October. Sign up for a CSA farm to enjoy locally sourced food that's picked at the time of ripening and to support local farmers and sustainable farming practices.



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# She's making a list, and she's marking it 'life'

**It's never too late for a turnaround.** Leslie Traill is helping those around her reach their full potential



THE IN-CREDIBILITY  
FACTOR  
Teresa Kruze  
life@metronews.ca

Leslie Traill is a master of career reinvention.

From the legal profession, to the fashion world to becoming a successful life, health and wellness coach, Leslie has grown and evolved along with her career.

She says the keys to reinventing yourself are having the courage to act on your ideas, overcoming fear and doubt and then identifying tangible goals.

"Write down what you want to accomplish in a month then break it down to what you can do per week and each day. You make yourself accountable and that's what I found to be the most important thing in reinventing myself. When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day."

Now in her sixth decade of life, Leslie says she's cracked the code of youthfulness and is passing it on to her clients through meditation and coach-

### Write it down

"When you look at your list and it's all crossed off you have an incredible sense of accomplishment and it gives you the strength and self confidence to move forward to the next day." Leslie Traill

ing.

"I empower women aged 45 and beyond to live vital, youthful, healthy and focused lives. Change your mind, change your body, change your life!"

### Game plan

#### A coach's advice

- Be clear about your passion and take tangible steps to make it happen. Go for it.
- Write down where you want to see yourself in five years. Then do monthly, weekly and daily planning.
- Break down the doable steps to get there and make them your goals.
- Allow yourself to make mistakes and don't allow any naysayers to put out your passion.



Visit Leslie Traill's website at [sexyoversixty.com](http://sexyoversixty.com).

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**FOCAL**  
TECHNOLOGIES







X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. GEORGE DOYLE/STOCKBYTE/THINKSTOCK

## Specialize. X-rays and ultrasounds are critical

JON  
TATTRIE  
For Metro

One was a revolutionary discovery that won the Nobel Prize while the other is a technology born of the Titanic disaster, and both X-rays and ultrasounds are a critical part of Canada's health-care system.

The two fields are related and some technicians are trained to operate both, but most specialize as either a radiological technologist or an ultrasound technician. X-rays primarily deal with people who have been injured, while ultrasounds are largely used to monitor pregnancies.

Julie McHugh is a radiological technologist for Capital Health in Halifax. She mostly works in the operating room, but also covers the emergency room and walk-in clinics. She likes the work variety, but says the round-the-clock shift work can take a toll.

"It is rewarding, but it can be stressful at times because working in the emergency, we do have the trauma situations," she says.

X-ray technicians produce images of internal organs and bone structure to help diagnose medical problems. They also educate patients about what is happening and ensure they receive the lowest possible amounts of radiation

during the treatment. Most work in hospitals or private clinics.

X-ray technologists must complete a two- or three-year college or hospital program in diagnostic radiography, or have a bachelor of health sciences in the field, plus undergo a period of supervised training. Licensure with a regulatory body is required in all provinces except Quebec.

Ultrasonography has its roots in the sinking of the Titanic, which compelled scientists to find better ways to detect underwater icebergs. An advanced version of that sonar technology is used today to monitor pregnancies, as well as to diagnose heart problems and brain disorders. Students must complete a three- to four-year university course in sonography and register with the relevant authorities.

Almost all ultrasound technicians work in hospitals, with a few employed by private clinics. Both radiological technologists and ultrasound technicians earn between \$38,000 and \$50,000.

McHugh says as well as having an aptitude for the technical work and a talent for problem solving, the job requires strong people skills to deal with other medical staff and patients.

# Your career checkup

**Trends.** Chronic diseases and elder care will impact health-care field in the coming years

YLVA  
VAN BUUREN  
For Metro

The aging population and the prevalence of chronic diseases are two huge trends that will impact careers in health care in Canada in coming years.

"We must think through how we organize health-care services for the growing population of seniors," says Judith Shamian, president of the Canadian Nurses Association, Ottawa, "to make sure they stay as healthy and functional and at home for as long as possible."

According to the Canadian Institute of Health Information (CIHI), 93 per cent of seniors live at home and that's where they would like to stay for as long as possible.

At the same time, chronic diseases such as diabetes,

heart disease, obesity and cancer are now the biggest global cost drivers in health care, says Shamian.

Here is a look at how these trends may translate into health-care careers.

### DISEASE MANAGEMENT AND PREVENTION

By 2025, one in four Canadians will be older than the age of 65. And three-quarters of seniors have at least one chronic health condition, says Kathleen Morris, director of health system analysis and emerging issues at CIHI, Ottawa.

### GERONTOLOGY

There is a growing need for health-care providers who specialize in the elderly. Research shows that seniors actually do better when they are cared for by doctors who specialize in the care of older



Explore the many rewarding careers available in the health-care field.

STOCKBYTE/THINKSTOCK

adults — or geriatricians, says Dr. Ken Rockwood, geriatrician, professor and director of geriatric medicine research at Dalhousie University, Halifax.

### INTEGRATED CARE

Integrated care will become more important with collaboration between the different health professionals.

### HOME HEALTH CARE

Home health care is important for seniors who want to remain at home, but also be-

cause people are increasingly discharged early from hospital and still require continuing care, says Pam Nordstrom, director of the School of Nursing at Mount Royal University in Calgary.

### TECHNOLOGY

Engineering and computer sciences have a role in health care because they can help make a home and public facilities more senior friendly — from memory aids to bigger utensils and shower chairs.



### JOB OPPORTUNITIES

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metro

ACTIVE & LIVING THE GOOD LIFE:

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Monday, May 28, 2012



If you are thinking about beginning an exercise program, consult with a physician first. Some forms of exercise that are gentle on the body include swimming, yoga and walking. EYECANDY IMAGES/THINKSTOCK

# Summer fitness fundamentals

**Tips.** Consider the following helpful hints before beginning an exercise routine

RICHARD  
WOODBURY  
For Metro

As summer nears, getting more active is something that crosses the minds of people of all ages. Depending on a sen-

ior's personal circumstances and age, there may be some things they should consider.

Sue Theriault, a group fitness instructor with the YMCA, says if a senior hasn't been exercising and is looking to begin an exercise routine, they should check with a doctor before doing so.

Once somebody starts exercising, they should not push themselves too hard.

"Anybody that's new to any kind of exercise routine, whether they're biking or

## Physically active

- Numerous studies have indicated that staying physically active, exercising regularly, and participating in leisure activities can help prevent or delay many diseases and disabilities.
- Thirty per cent of Nova Scotia seniors are moderately active, meaning they are getting at least 15 to 30 minutes of exercise every day.  
**Source: Nova Scotia Department of Seniors' website**

walking, should certainly be easing into it," says Theriault.

Some forms of exercise that are gentle on the body include

swimming, yoga and walking.

One consideration some older people have is the safety of a certain form of exercise.

For that reason, some older people prefer the company of others that a group fitness class offers, says Theriault.

During the summer months, there are extra precautions that older people should take while they get some exercise outside, such as having layers of clothing to account for the changing weather conditions. For this reason, Theriault says it's a wise idea that if one needs to shed some layers of clothing, they have somewhere to put

those clothes, such as a fanny pack or a bag.

With the heat, people will also need to be extra diligent about staying hydrated, which is a concern for older people year round. Not surprisingly, sunscreen with a high sun protection factor (SPF) is a good idea.

For the follicly challenged, wearing a hat would also be wise.

"A hat is a good thing because a lot of people are thinning on the top."



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Have healthy options on hand to help ensure variety in your diet.  
ISTOCKPHOTO/THINKSTOCK

# Age-old advice: Make sure you eat your vegetables

**Nutrition.** Try to include at least three food groups with every meal

**RICHARD WOODBURY**  
For Metro

One of the challenges people can encounter as they age is having a rut in their diet. Clinical dietician Anna Threadcraft has a simple recommendation for overcoming this.

"A general principle that helps without feeling like you are on a diet, but gives you some structure is to try and get three out of every four food groups per meal," says the Capital Health employee. To help ensure variety in

## Ready to go

**"Frozen bags of vegetables are fantastic because you can take a handful out and microwave it and it's ready to go."**

Anna Threadcraft, clinical dietician

the diet, Threadcraft recommends having easily accessible healthy options on hand. One example she gives are fruit cups. They are inexpensive, with a six-pack going for around \$2 or \$3 and have a long shelf life. (Be sure to look for ones that do not have added sugar.)

Other healthy options are frozen vegetables. "Frozen bags of vegetables

are fantastic because you can take a handful out and microwave it and it's ready to go."

The nutritional value in frozen vegetables is actually quite similar — if not better — than fresh ones because the vegetables are harvested at peak season and frozen to maintain their nutrient value. Compare this to a fresh product, which likely will have taken a few days to get to the grocery store and could spend a few more at the grocery store and at a person's home before being cooked.

"Every day it is sitting it is losing more of its nutrient value," notes Threadcraft.

In the case of fresh vegetables, Threadcraft recommends choosing ones with bold colours, such as carrots, spinach and broccoli. All of these can be sourced locally

## Summertime blues

- An excellent local food option for older people is blueberries. Loaded in antioxidants, blueberries are also easy to chew.

and are high in nutrients.

As the weather warms up, one of the things people must be sure to do is stay hydrated.

"As we age, our thirst perception decreases," says Angela Dufour, the owner of Nutrition in Action.

She says if someone feels thirsty, they are already dehydrated. One way of making it easier to drink fluids is by adding something to water to make its taste more exciting, such as frozen berries, a lemon wedge or some melon.

## Travel. Cover all your bases when going away

**JON TATTRIE**  
For Metro

Whether you are taking that once-in-a-lifetime trip to the Australian Outback or a quiet weekend in P.E.I., travelling in your 50-plus years can offer amazing experiences.

It can also offer particular challenges, says Bob Davison, the founder and operator of Halifax's Blue Diamond Tours. He caters to seniors, especially those visiting via cruise ships. Bus tours and cruise ships are two of the most popular ways for 50-

plus travellers to get away, he says.

He says popular destinations are Peggy's Cove, Grand Pre, the Cabot Trail and P.E.I. Tourists book his company so he can handle the logistics of travel while they enjoy the experience. The same principles apply if you want to book a bus trip in the Maritimes or in San Francisco.

He advises travellers to check out the tour. Is it a rigid itinerary, with a large group and lower prices, or a flexible itinerary, with a small group and a higher cost?

Davison says an advantage

to taking cruises as your main vacation is that you can make cruise friends, rather than trying to convince your home friends to travel with you.

"Generally, it's people who have met on other cruises," he says.

Research your destination before you go. Davison often runs into travellers who have failed to take geography into account. "I get a lot of people who want to visit Peggy's Cove and visit Anne of Green Gables," he says, "and want to do it on the same day."

It seems laughable now, but it's all too easy to imagine

Edinburgh and the Scottish Highlands could be toured in a day.

"The other big thing is to have the appropriate clothing," Davison says. Watch the weather in your destination before you go, pack appropriately and dress in layers.

Look at the terrain, too. Hiking up Mount Sinai in Egypt may seem like a fun idea when you see it's only a few hours as a guided walk, but different when you realize the hike starts at 3 a.m. and you will have to fight with camels in the moonlight to keep your feet on the trail.

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The Royal Nova Scotia International Tattoo returns again this year. ROYAL NOVA SCOTIA INTERNATIONAL TATTOO PHOTO



The annual Tattoo will be held July 1-8 at the Halifax Metro Centre. ROYAL NOVA SCOTIA INTERNATIONAL TATTOO PHOTO

# Be social and check out these events

**RICHARD WOODBURY**  
For Metro

There are lots of exciting events over the next few months that will appeal to many seniors.

**50+ Expo** — This two-day event at Exhibition Park runs June 8-9 from 9 a.m. to 5 p.m. both days. The Expo bills itself as featuring “a wide array of exhibitors, live entertainment, informative speakers, arts/craft and

leisure activities, and much more!”

**Big Dance 2012** — Held in conjunction with the 50+ Expo, there will be a dance held June 8 from 8 p.m. to midnight. Sugartime and

Musical Friends will provide the entertainment, while those in attendance will provide the memories. Tickets are \$10 at the door and refreshments will be served.

**An Evening of Corrie** — To mark the 60th anniversary of Queen Elizabeth II's reign, the Keshen Goodman Public Library will host “an evening of Coronation Street lore, trivia, displays and games from Britain's most popular television series.” The event will take place June 13 at 7 p.m.

**Seniors' Social** — The Woodlawn Public Library will host a jam-packed social June 20 that will feature a performance of Twelfth Night: A Dreamy Musical, as well as refreshments, music and door prizes. The event begins at 1 p.m.

**Maritime Fiddle Festival** — For fiddle players and fiddle lovers, the 63rd Maritime Fiddle Festival will take place July 5-9. There is even a com-



Neville MacKay will be giving a presentation about floral arrangements at the 50+ Expo. CONTRIBUTED

petition category for people 60 and older. Check out maritimefiddlefestival.ca to learn more about this event.

**Royal Nova Scotia International Tattoo** — An annual Nova Scotia tradition, the

Tattoo runs from July 1-8 at the Halifax Metro Centre and will have three major themes this year: Her Majesty Queen Elizabeth's Diamond Jubilee; the War of 1812; and commemorating the sinking of the Titanic.

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# Rhythm of retirement

## Taking it slow.

New retirees should not plan too many activities for the first year, pace yourself

JON  
TATTRE  
For Metro

When Gail Logie prepared to retire from a 30-year career as a nurse in the late 1990s, wise friends warned her not to plan much for the first year.

Retirees can panic at the image of themselves sitting in a housecoat watching TV and make big commitments.

But the danger is you are quickly overwhelmed and find yourself backing out of things. Instead, start slow.

"I started off with house repairs, and then volunteered with Meals on Wheels," Logie says.

As she got used to the retired life, she added more activities like a morning fitness class, gardening and reconnecting with some old friends.

"The best part is not having the structure," she says. "Just to have a clean slate every day ... such luxury."

After getting used to the rhythm of retirement, she looked for more activities.

"I figured life has been good to me, so it's time to give back," she says. For her, that meant making a deeper

## Heartbeat

**"Volunteers like Gail are the heartbeat and lifeblood of a faith community. Their concern for others, which is rooted in their faith, enables us, through them, to offer hope and healing in a hurting world."**

Catherine MacDonald,  
United Memorial Church minister

commitment to the United Memorial Church in the north end of Halifax by serving on committees, offering pastoral visits and other aspects of church life.

She also volunteers for the SPCA and with the Missions to Seafarers, travels extensively with her husband, and found time to co-author a book on the history of neuroscience nursing.

Logie says it's important to find activities that you enjoy and where your skills are needed.

She didn't want to work hands-on with animals, so does reference checks for the shelter.

You might also want to consider your exit strategy and take positions with a timed commitment.

"See if it's a fit," she says.

Catherine MacDonald, the minister at United Memorial Church, says active



When Gail Logie retired, she didn't plan too many activities for that first year. Instead, she gradually became used to the rhythm of retirement. CONTRIBUTED

retirees like Logie have a huge amount to give.

"Volunteers like Gail are the heartbeat and lifeblood of a faith community. Their concern for others, which is rooted in their faith, enables us, through them, to offer hope and healing in a hurting world," she says.

"They offer a ministry of presence, both spiritual and practical, within the faith community and beyond, an ever expanding circle of care, far beyond the church walls."



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## 4

## SPORTS

## Quoted

**"Nobody looked past Shawinigan. They built their strong team, they competed hard. We just didn't play our best game. We had a lot of mental mistakes, turnovers."**

Saint John Sea Dogs head coach Gerard Gallant, after Friday's 7-4 loss to the host Shawinigan Cataractes that ended the Sea Dogs' bid for a second straight Memorial Cup championship.

## Judo

## Amy Cotton wins in Moscow

Nova Scotia's Amy Cotton was crowned champion of the under-78 kilogram category at the Moscow Judo Grand Slam on Sunday. Cotton, from Cape Breton and ranked 15th internationally, scored a waza-ari and a yuko in the final bout to beat seventh-ranked Lkhamdegd Purevjargal of Mongolia for gold.

THE CANADIAN PRESS

## On the web



**Marty McSorley hopes the Kings stick it to the Devils. It was 19 years ago that the former pugilist was whistled for an illegal curve on his stick in Game 2 of the 1993 Stanley Cup final against Montreal. The penalty led to a Habs win on their way to a Stanley Cup victory. Scan the code for the story.**

## Gymnastics

## Ellie Black's Olympic hopes still alive

Halifax's Ellie Black is still in the mix for Canada's five women's gymnastics spots at the Summer Olympics in London.

Black secured a top-eight finish at the Canadian gymnastics championships in Regina on the weekend to earn an automatic invitation to Canada's final Olympic selection camp in Gatineau, Que., in late June.

Canada is taking five women's gymnasts and a reserve to London.

Black's highlights at nationals included a win in the vault event with a score of 14.475 points and a third-place finish in floor exercise. Her all-around total ranks her seventh.

The top-three ranked gymnasts so far are Kristina Vaculik of Whitby, Ont., Victoria Moors of Cambridge, Ont., and Dominique Pegg of Sarnia, Ont.

On the men's side, Dartmouth's Hugh Smith finished sixth in all-around points and was eliminated from contention for Canada's lone men's spot in London.

Calgary's Nathan Gafuik was the only competitor to meet the selection standard in Regina with just two more qualification events in Europe remaining for others to challenge for the Olympic berth.

Gafuik, who won the men's all-around title, reached the standard in the men's qualification round with a score on high bar that would have placed him fourth at the 2011 world championships. **METRO/WITH FILES FROM THE CANADIAN PRESS**



Dartmouth sprint canoe athlete Jason McCoombs has qualified for the Summer Olympics. CONTRIBUTED/CANOE-KAYAK CANADA

# Dartmouth canoeist qualifies for London

**Sprint canoe-kayak.** After back-to-back strong showings in Europe, McCoombs is headed to London



**MATTHEW WUEST**  
matthew.wuest@metronews.ca

Just a month after celebrating his 19th birthday, Jason McCoombs has qualified for the Summer Olympic Games.

The Dartmouth solo canoeist became the first

Nova Scotian paddler to clinch a spot in London on Sunday with a fifth-place finish in the C-1 200 metres at a World Cup sprint canoe-kayak regatta in Duisburg, Germany.

McCoombs was the top-finishing Canadian for the second straight week on the World Cup circuit, crossing in 41.415 seconds, 0.312 of a second faster than Aaron Rublee of Kamloops, B.C.

"It feels pretty surreal right now," McCoombs said afterward. "My focus in the race was to have a great start and stay as close to the front in the first 100. The aspect I've improved

the most this year is my last half and I think that's what showed today."

McCoombs was the lone Canadian to qualify for the A final last week in Poznan, Poland, and placed eighth.

He had lost to Rublee by 0.051 of a second at the first set of Olympic trials in Gainesville, Ga., in early May, putting him in a must-win situation heading to Europe for the World Cups.

"That race at the trials is what really gave me a lot of confidence," said McCoombs. "That was the first time I had raced against those guys and it was the best race I've ever had. I was

pretty nervous all this week but I always try to approach each race the same way."

Windsor's Ryan Cochran and Montreal's Hugues Fournel finished fifth in the K-2 200 metres on Sunday with a time of 33.195 seconds. Combined with last week's bronze medal in Poland, the duo appears to have the inside track to go to the Olympics as Canada's K-2 boat.

McCoombs, Dartmouth's Ben Russell (men's 4x200 canoe), Dartmouth's Michelle Russell (women's 4x200 canoe) and Waverley's Connor Taras (4x200 men's kayak) won bronze in relay events.

## Memorial Cup. Host Shawinigan wins in overtime in front of raucous crowd

Anton Zlobin scored his second goal of the game 17:51 into overtime to lift the Shawinigan Cataractes to their first MasterCard Memorial Cup title with a 2-1 victory over the London Knights on Sunday night.

Zlobin took a pass from behind the net from captain Michael Bournival and drilled a quick shot that beat Knights goaltender Michael Houser and sent the sellout crowd into a frenzy. The Cataractes' forward leapt into the air before he was mobbed by teammates on the ice.

Zlobin had tied the game in the second period after

## Cup facts

- It was the first final to go to overtime since 2001, when Red Deer beat Val d'Or.
- Halifax's Mitchell Maynard, a 19-year-old right-winger, is in his second QMJHL season with the Cataractes.

Ryan Rupert scored in the first for the Ontario Hockey League champion Knights.

It was the first overtime in nine tournament games

and it came with Shawinigan playing a fourth game in five nights.

London was coming off a five-day break.

More than 5,000 fans were crammed into the 4,125-seat Bionest Centre, crowding into standing room and even sitting in the stairways, with air horns and Thunderstix adding to the din.

After the second period, the PA announcer reminded fans that air horns were "restricted," but the blaring went on just the same.

London had the better of the play for most of the game.

THE CANADIAN PRESS

## Hockey. Mooseheads star MacKinnon selected in Russian KHL draft

Halifax Mooseheads star Nathan MacKinnon was selected in the fourth round (114th overall) by Neftekhimik Nizhnekamsk in the Kontinental Hockey League draft on Saturday.

It's not uncommon for KHL teams to take fliers on Canadian Hockey League stars, but it's never resulted in a player leaving for the Russia-based circuit.

"Just got drafted to the KHL. Call me Nathan MacKinnON," MacKinnon posted on his Twitter account, @mackinnon9, on

Saturday.

Saint John Sea Dogs star Jonathan Huberdeau was taken fifth overall by Vityaz Chekhov in 2011.

Ex-Mooseheads forward Yuri Chernetiev was taken by CSKA Moscow in the second round of the 2009 KHL draft and Mooseheads winger Martin Frk was taken in the first round by Yugra Khanty-Mansiysk in 2010 prior to his QMJHL rookie season.

MacKinnon, 16, is ranked first overall for the 2013 NHL draft by Red Line Report.

METRO



Sports in pictures



## 1 Auto Racing. Franchitti pulls off Indy 500 hat trick

Dan Wheldon couldn't win his third Indianapolis 500. Dario Franchitti did it for him.

And if it wasn't going to be Franchitti, then it would be Scott Dixon. Maybe even Tony Kanaan. In the end, they celebrated a 1-2-3 sweep that honoured D-Dub, their missing friend.

Wheldon, the defending race winner, was killed in the October season finale, and the entire day was in honour of D-dub.

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## 2 NBA. Spurs continue unbeaten march through West Conference

Manu Ginobili scored 26 points and the San Antonio Spurs won their 19th in a row to tie the NBA record for longest winning streak kept alive in the playoffs, beating the Oklahoma City Thunder 101-98 to open the Western Conference finals on Sunday night.

Kevin Durant led the Thunder with 27 points. Russell Westbrook had 17.

The 2001 Lakers are the only other team to carry a winning streak this long in the playoffs — and they did so on their way to a championship.

THE ASSOCIATED PRESS

## 3 Tennis. Venus advances in France

Venus Williams beat Paula Ormaechea 4-6, 6-1, 6-3 to advance to the second round of the French Open on Sunday. It was her first match at a major since revealing she had been diagnosed with the autoimmune disease Sjogren's syndrome.

THE ASSOCIATED PRESS

## 4 Diving. Imbeau-Dulac punches ticket to London Olympics

Francois Imbeau-Dulac won the men's three-metre final at the Canadian Olympic diving trials Sunday in Montreal.

Imbeau-Dulac beat out Olympic veteran Reuben Ross, finishing with a total score of 922.95 to claim Canada's second men's spot in the three-metre competition this summer in London. THE CANADIAN PRESS

# Hesjedal storms to victory in Italy

**Giro d'Italia.** 31-year-old is first Canadian to win one of cycling's three major tour races

Canada's Ryder Hesjedal didn't realize history was within his grasp until he was about five kilometres from the Giro d'Italia finish line.

Aware he had a chance to overcome Joaquin Rodriguez's 31-second overall lead in Sunday's final stage, Hesjedal broke out onto the streets of Milan determined to keep victory from slipping away.

Only near the end did he find out he would become the first Canadian to win one of cycling's three major tour races.

"Nothing anyone could have said to me could have changed how hard I rode," he said.

Hesjedal took 34 minutes 15 seconds to complete Sunday's 28.2-kilometre individual time trial in sixth — 20 places ahead of his Spanish rival. His 16-second margin of victory was the second closest in Giro history.

"It's just been an unreal experience from Day 1, what the team was able to do. It's unbelievable," said the Victoria native, who finished the race in 91 hours 39 minutes two seconds. "This is incredible. It's a dream come true."

Like the rest of the riders, Hesjedal had been through a demanding mountain ride to the top of the Stelvio Pass in northern Italy on Saturday.

"Yesterday was extremely hard," he said. "I got through it and I knew as I was on the helicopter descending into Milan that I still had a shot. This morning I just felt incredible on my bike and I knew I could do it."

Though he hadn't taken his



Canada's Ryder Hesjedal kisses the trophy after winning the 95th Giro d'Italia Sunday in Milan, Italy.

FABIO FERRARI/THE ASSOCIATED PRESS

victory chances seriously before the race, Hesjedal's thinking started to change after he first wore the overall leader's pink jersey in Stage 7.

"I never thought 'I'm going to win,'" he said. "I was always just focused on having a good ride and I knew that would put me up there. The day I pulled down on the jersey for the first time I knew I was good and could accomplish something great and that drove me harder."

Prime Minister Stephen Harper was among the Canadians celebrating.

"This remarkable win in one of bicycle racing's most gruelling competitions is a testimony to Mr. Hesjedal's training, endurance, skill and competitive spirit," Harper said in a statement.

On Twitter, seven-time Tour de France winner Lance Armstrong praised Hesjedal's achievement.

"Congratulations to @ryderhesjedal on his incredible victory in the #giro. Gotta love it when the best man wins," tweeted Armstrong.

THE CANADIAN PRESS

### Bright future

Hesjedal, only the third non-Italian to win the Giro d'Italia in 15 years, said that his win will do wonders for cycling in Victoria and hopefully inspires the next generation of Canadian cyclists.

- "I think Canadian cycling is at the highest level it's ever been and I think this will just continue that movement," he said.

METRO

### Gomes sent back to Vegas

The Jays recalled right-hander Chad Beck and selected the contract of right-hander Jesse Chavez from triple-A before Sunday's game.

- To make room, the Jays optioned infielder Yan Gomes to Las Vegas and right-hander Ryota Igarashi for assignment.

- Gomes hit .227 with two homers and five RBIs in eight games. Igarashi, called up from triple-A Friday, pitched one inning and allowed four runs in two appearances against the Rangers.

THE ASSOCIATED PRESS

## Darvish downplays back problem



Yu Darvish had to deal with an upset stomach and a sore lower back. At least he didn't have the misfortune of facing the bruising Texas lineup.

Adrian Beltre homered during a seven-run second inning, Darvish posted his seventh victory and the Rangers defeated the Toronto Blue Jays 12-6 on Sunday for a three-game sweep.

"I did tell the coaches that I wasn't feeling good," Darvish said through a translator. "I could have gone six or seven innings. In the end, the manager made the decision to stop me."

Darvish (7-2) breezed through the first two innings,

### Quoted

"I'm not looking at it as an injury. I feel comfortable saying that I should be able to treat this and be ready for my next start."

Yu Darvish, on his sore back

but gave up single runs in each of the next three innings and was pulled. He threw 93 pitches on a 32 C day, allowing seven hits and walking three to win his 100th combined game in Japan and the United States.

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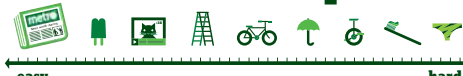


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4 Snow Tires  
Nokian 15 inch - Used one season  
215/60/R16 - \$200 OBO  
902-835-1225

Childrens French Books. 60 titles for all  
ages. Mind Cont. \$1 Each or \$50 for all  
902-827-2560

Cut & Split Hardwood  
902-865-2149

HOME GYM  
Competitor Old School Muscule  
\$150  
(902)479-3829

Pastal Mink Coat  
Size 8-10  
\$110.00 OBO  
902-434-0966

**2 All Season Tires - Total Terrain**  
235/R70/16  
\$140  
902-454-5021

**42 x 42 Table**  
**(bar style)**  
**902-835-9191**

Coins from the Titanic Area  
\$0.25 Set mounted with booklet  
\$0.50 Set mounted with booklet  
\$10.00 Silver Coin mounted 463-0922

English Silver Cross Pram  
Silver Shadow Model  
24" wheels  
(902)864-1533

ION Home Fitness Trainer  
\$150 OBO  
902-351-2371

**Wanted**  
**Flea Market Items**  
**(902)292-8228**



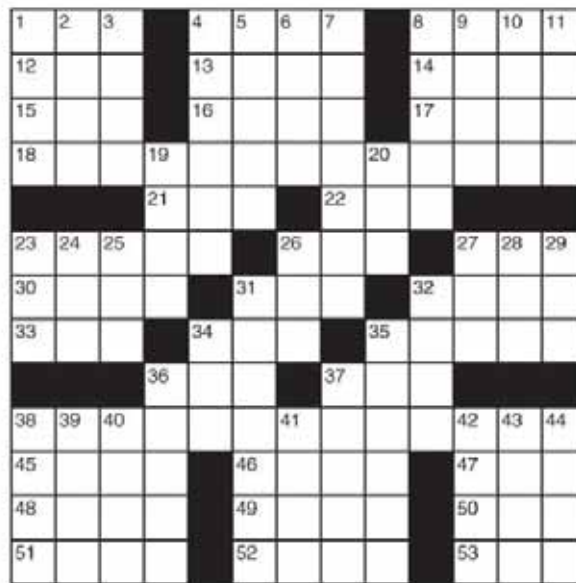
## Crossword

### Across

- 1 Throttle  
4 Urban fleet  
8 Fellow  
12 Carte lead-in  
13 Make eyes at  
14 Late-night talker  
15 Scale member  
16 Disposition  
17 Table scraps  
18 1978 Warren Beatty movie  
21 Nevada city  
22 Heavy weight  
23 Mawkishly old-fashioned  
26 A handful  
27 Dracula, at times  
30 Saharan  
31 Massachusetts cape  
32 Dog sledder's "giddyap"  
33 Cribbage scorer  
34 Carton  
35 Emptily talkative  
36 Get dressed in  
37 Writer Fleming  
38 1980 Chevy Chase movie  
45 Peregrinate  
46 Sandwich treat  
47 Sapporo sash  
48 Unaccompanied  
49 Kennel cries  
50 Supporting  
51 Tournament format  
52 Meyers of SNL

### Down

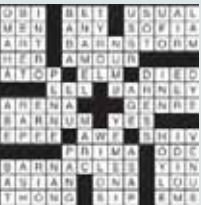
- 1 Long cut  
2 Shaving-cream additive  
3 Festive  
4 Beautiful  
5 Great pain  
6 United nations  
7 Tranquilized  
8 Circus performer  
9 Zeus' sister  
10 Con  
11 Mail  
19 Hawk  
20 Promptly  
23 Upper limit  
24 Raw rock  
25 Predetermine the outcome  
26 "The Simpsons" network  
27 Clear the tables  
28 Donkey  
29 Biblical possessive  
31 Protective escorts  
32 Opposite of  
26-Across  
34 Downy accessory  
35 Winter boot  
36 Minion of Satan  
37 Clumsy / 38 Roughly  
39 Basketball goal



- 40 Gilligan's Island cast member  
41 Pennsylvania port

- 42 Opposite of 36-Across  
43 Reed instrument  
44 Encircle

## Friday's Crossword



## Cryptoquip

### How to play

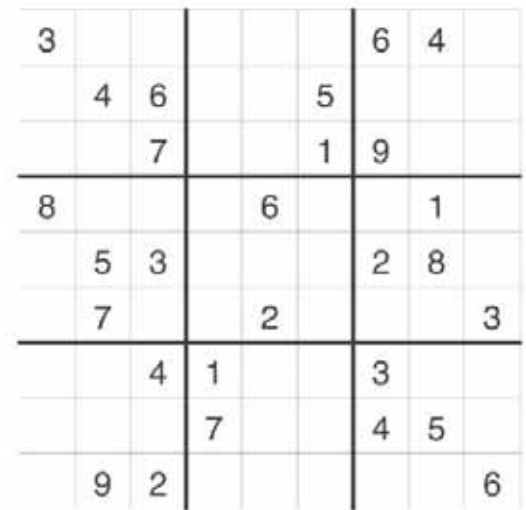
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

HW Q AGGYEQDY YIHKZ CQY  
KG MCGGUI GDI OSIWISSIY  
YQZ GW KCI AIIR. AGJEY  
HK OHMR UQKZS - YQZ ?  
Yesterday's Cryptoquip: IF YOU'RE CHEERING  
FOR A MAN WHO'S PLAYING TUG OF WAR,  
COULD YOU SAY THAT'S PULLING FOR HIM?  
Today's Cryptoquip Clue: G equals O



For today's crossword answers and for expanded horoscopes, go to metronews.ca

## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

2	7	5	9	4	8	6	3	1
4	3	8	1	5	6	2	9	7
1	9	6	7	3	2	5	8	4
8	6	2	5	7	8	4	1	3
7	5	1	4	6	3	9	2	8
9	4	3	2	8	1	7	5	6
3	8	7	6	2	5	1	4	9
6	2	9	8	1	4	3	7	5
5	1	4	3	9	7	6	8	2

## Horoscope

### ♈ Aries | March 21 - April 20.

Make an effort to notice what goes on around you. If you keep your eyes and ears open you could make some serious money.

### ♉ Taurus | April 21 - May 21.

Get daily tasks out of the way as quickly as possible. You may or may not get a pat on the back for your efforts but it doesn't matter.

### ♊ Gemini | May 22 - June 20.

The stars suggest that something special is on the way.

### ♋ Cancer | June 21 - July 22.

Today you can finally put a name to your fears and work out why it is that you have been so uneasy of late.

### ♌ Leo | July 23 - Aug. 22.

Your

path to success is through reaching out to other people. Work harder to bring down barriers that have been standing in the way of good relations.

### ♍ Virgo | Aug. 23 - Sept. 22.

It's time to get serious about your career. Take advantage of opportunities before they leave you behind.

### ♎ Libra | Sept. 23 - Oct. 22.

Nothing is out of reach once you make the decision to go for it. Remember that — and act on it.

### ♏ Scorpio | Oct. 23 - Nov. 21.

A problem that has been nagging away at you in recent weeks can be dealt with directly now.

### ♐ Sagittarius | Nov. 22 - Dec. 21.

Your challenge this week is to

work with other people without letting their little ways irritate you — too much.

### ♑ Capricorn | Dec. 22 - Jan. 20.

Today there may well be occasions when you act out of character and take risks that usually you would avoid like the plague.

### ♒ Aquarius | Jan. 21 - Feb. 18.

Decide what it is you want to achieve, hold that vision in your mind's eye, then do the things that will make it happen. It's that easy.

### ♓ Pisces | Feb. 19 - March 20.

You may have to make some concessions over the next few days, including putting old disputes and disagreements to one side.

SALLY BROMPTON



## Caption Contest

"I hope this isn't one of those things your tongue freezes to!"

Maria

ANDREW MILLIGAN/PA/THE ASSOCIATED PRESS

## Win!



## You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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# FREE GAS

RIGHT NOW GET  
**0%**  
FINANCING FOR UP TO

**84** *and*  
MONTHS



**ENDS MAY 31<sup>st</sup>**

**DOUBLE SAVINGS EVENT**  
EXTENDED TO MAY \$



## 2012 HYUNDAI ACCENT 4 DOOR

AJAC - BEST NEW SMALL CAR (UNDER \$21K)

AS LOW AS  
**\$66**<sup>†</sup>  
BI-WEEKLY  
PAYMENT

WITH  
**0.9%**  
FINANCING  
FOR  
84 MONTHS



AND  
**\$0**  
DOWN  
PAYMENT

HIGHWAY  
4.9L/100 KM  
58 MPG\*



## 2012 HYUNDAI ELANTRA SEDAN

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR.

AS LOW AS  
**\$95**<sup>†</sup>  
BI-WEEKLY  
PAYMENT

WITH  
**1.9%**  
FINANCING  
FOR  
84 MONTHS



AND  
**\$0**  
DOWN  
PAYMENT

HIGHWAY  
4.9L/100 KM  
58 MPG\*



## 2012 HYUNDAI SONATA

MOST FUEL-EFFICIENT FULL-SIZE<sup>Δ</sup>

AS LOW AS  
**\$114**<sup>†</sup>  
BI-WEEKLY  
PAYMENT

WITH  
**0%**  
FINANCING  
FOR  
84 MONTHS



AND  
**\$0**  
DOWN  
PAYMENT

HIGHWAY  
5.7L/100 KM  
50 MPG\*



## 2012 HYUNDAI TUCSON

STYLISH CROSS-OVER UTILITY VEHICLE

AS LOW AS  
**\$114**<sup>†</sup>  
BI-WEEKLY  
PAYMENT

WITH  
**0.9%**  
FINANCING  
FOR  
84 MONTHS



AND  
**\$0**  
DOWN  
PAYMENT

HIGHWAY  
7.4L/100 KM  
38 MPG\*

\*Vehicles not exactly as shown, prices and payments do not include freight, taxes and fees. While supplies last. See O'Regan's Dartmouth Hyundai for full details.



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